

## **Abstract of the Disclosure**

A controlled method for an energy-saving and energy-releasing air conditioning discloses the energy-saving and energy-releasing actions 5 performed by the two adjoined heat exchangers of the storage means. The feature of this design is to meet refrigerating and heat-produced requirements by using the controlled method of the present invention. Automatically adjusting the refrigerant flow rates of the first and the second circular refrigerant loops can place it into the optimum operational condition while 10 central air conditioner is either under high loading or under low loading condition.